

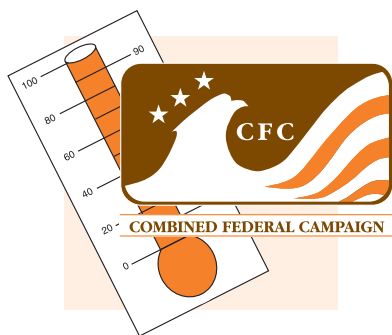
THE epicenter

Newsletter of the VA Palo Alto Health Care System (VAPAHCS) • October/November 2003



Proud of our Veterans,
Proud of America!

CFC Kickoff a Pie-Throwing Success



This year's Combined Federal Campaign (CFC) is off to a great start! VAPAHCS is really making a difference in the lives of so many here at home, nationwide, and internationally! Palo Alto Division held its Celebration Kickoff on September 29, 2003 in the Canteen courtyard, with a barbeque, live

music, and a pie-throwing event! Other Kickoffs followed at our other Divisions and Clinics with Ice-Cream Socials sponsored by our Unions, AFGE Locals 2110 and 1620. Over \$600 has been raised at these special events helping VAPAHCS reach 10% of its \$115,000 goal in the first week of the campaign! Keep those pledges coming in to your Service's Key Worker(s). Don't wait-the Campaign ends November 7th! If you have any questions, please call Lori Russo, CFC Chairperson, at extension 66726. Thank you!



Upper right, Roy Ramirez and Nora Lynn Buluran selling CFC cookbooks; lower right, Lisa Freeman, Director and Richard Peardon, Chief, Police Service taking pies for CFC.

What's Inside ...

A Word From Our Director	2
VAPAHCS Holds CARES Hearing	3
Holden-Grogan New Secretary to Director	4
Department of Medicine Recognizes Staff!	4
October Employee News	5
November Employee News	6

Mental Health Nursing holds Depression Fair	7
Influenza Vaccine FAQ's	7
Evidence Based Practice Becomes Priority	8
Silicon Valley Credit Union	8
Hospice Receives New Aquarium	9
American Indian Heritage Month Recognized	9
Smoking Study	10
Cartoon	10
Lung Cancer Conference	10

A Word From Our Director



**Elizabeth Joyce Freeman, Director
VA Palo Alto Health Care System**

Let me begin this month's message by offering my sincere thanks to all of you for your many contributions to another outstanding year in serving our veterans. We are awaiting the final results of our FY 2003 performance review, and I will highlight those for you next month. FY 2004 has arrived and we are awaiting a final budget for this new fiscal year. Because our staffing level has remained significantly higher in FY 2003 than in FY 2002, and because the initial bud-

get outlook for FY 2004 is mixed, we are trying to bring some components of our staffing down to FY 2002 levels. This may be appropriate in some areas but not in all areas. We will make these decisions on a case-by-case basis. We will also ask services and sections to more actively participate in prioritizing staffing needs. I appreciate your patience in working with us throughout this process.

I want to remind everyone to seriously consider participating in this year's Combined Federal Campaign. Together, we can make a real difference in the lives of many people in our communities, our country, and around the world.

I want to congratulate Bill Ball, our Communications Officer, for successfully managing the logistics for the CARES Commission hearing on October 1, 2003, at Livermore Division. This combined hearing for all of VISN 21 venue was changed to the Livermore Division with little more than a week's notice. Bill orchestrated numerous teams from many services to ensure we were prepared for several hundred stakeholders to attend the hearing. There are literally dozens of individuals to thank but I must single out the IRMS support staff, especially Kat Uemura, Terrence Gant and Ken Okamoto. They prepared special v-tel feed from Washington, DC, and other sites, which was an essential part of the hearing. The CARES Commissioners were very impressed with all the panels that testified and collected much valuable information to use in their deliberations.

We recently had the opportunity to host Dr. Nelda Wray, Chief Officer for the VA's Office of Research and Development. Dr. Wray held a town hall meeting and interacted with many of our research investigators and was briefed on the many diverse research endeavors we conduct now and hope to expand in the future. My thanks to Drs. Sheikh and Kraemer for coordinating this visit and opening the doors of communication with VA's Research and Development Office.

I want to share with you excerpts from the message Secretary Principi delivered to field facilities recently to underscore our opportunity and responsibility to make a positive first impression on the young men and women now returning to our shores from Afghanistan and Iraq. As he said, their stories will melt your heart. Their courage will inspire you for life.

Secretary Principi knows you share his commitment to them, and he is confident you understand that a young man or woman who turns to us after returning from battle defines our core mission.

They are truly the men and women about whom Lincoln spoke when he charged us to care for those "who have borne the battle."

Joe Russo, our Patient Advocate at the Palo Alto Division, is our point of contact individual for Iraqi Freedom veterans. When that young soldier or new veteran comes to us, we shouldn't just give them a name and phone number. We should make the call ourselves, and then make sure our new patient actually gets the care he or she needs.

When a wounded or injured man or woman contacts us, our question can not be:

- "Are you still on active-duty?"
- "Do you have a DD 214?" or
- "We can't help you until we find a way to bill the Defense Department."

Our only question must be: "How can we help you now?" We can sort out the paperwork later. Our response to this challenge, and this opportunity, will shape veterans', and America's, perception of our Department for the half-century to come. Meeting this challenge is important for us, but it is critical for the veterans we serve.

I urge all of us to embrace this message. Joe Russo may be contacted at extension 63543 if you need further information.

Finally, I want to announce that Deborah Holden-Grogan, most recently Secretary to the Associate Director, has accepted the position of Secretary to the Director. Please join me in congratulating Deborah on her new position.

A handwritten signature in dark ink, reading "Elizabeth J. Freeman". The signature is fluid and cursive, with a large, stylized 'E' and 'F'.

Elizabeth Joyce Freeman
Director



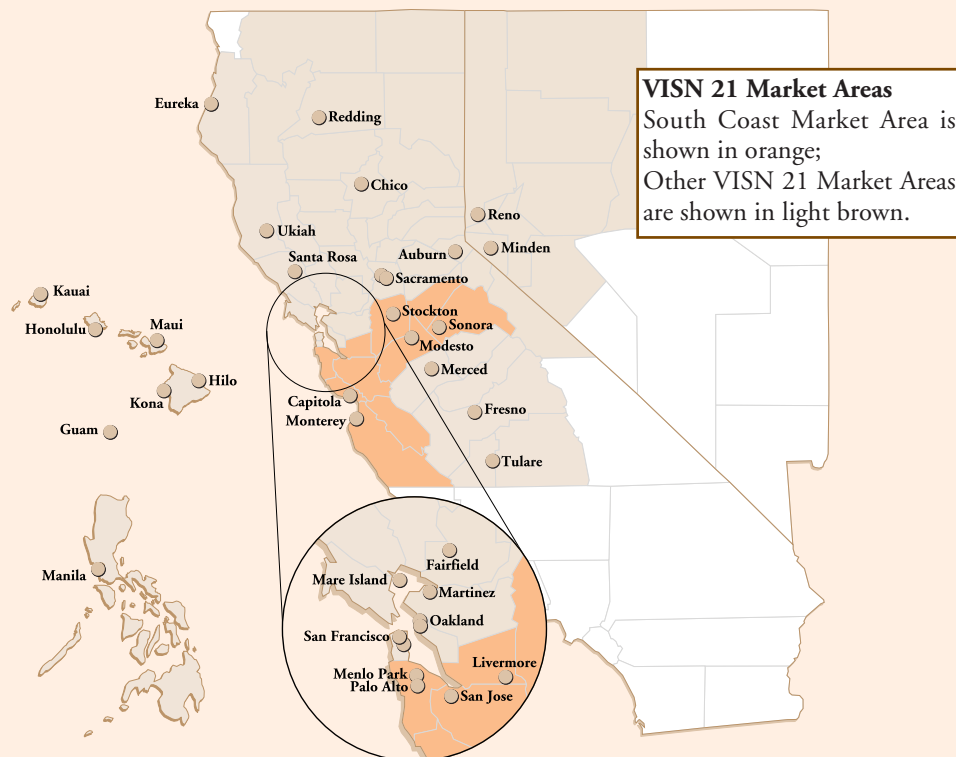


VAPAHCS Holds CARES Hearing

On Wednesday, October 1, the Capital Asset Realignment for Enhanced Services (CARES) Commission held a public hearing at the Livermore Division. The hearing addressed all market areas in the VA Sierra Pacific Network. Five separate panels provided testimony and expressed their concerns and support of the CARES proposals. The panels consisted of elected public officials, VA leadership, service organization members, Department of Defense representatives and local union officials. The hearing took place in the Nursing Home Care Unit dining Room and was available via video conference for testimony or viewing at the House of Representatives Con-

ference Studio, VA Pacific Islands Health Care System, VA Northern California Health Care System's Sacramento Medical Center and Redding Clinic, Palo Alto Division and two locations at the Livermore Division. Approximately 200 people viewed the hearing.

The CARES Commission held 40 public hearings nationwide before they give their recommendations to Anthony Principi, Secretary of Veterans Affairs in late November. A decision on the proposed CARES plan is expected at the end of the year from the Secretary.



Deborah Holden-Grogan Appointed as Secretary to the Director



The Director's Office is pleased to announce the appointment of Deborah Holden-Grogan as Secretary to the Director. Ms. Holden-Grogan comes to us with over 17 years of administrative and secretarial experience in both the private sector and government. Deborah's most recent position Secretary to the Associate Director.

Deborah's prior administrative experience included the following positions: Executive Assistant to the Division President of Amdocs, a software company in San Jose, Assistant to the Vice President of Global Sales and Alliances at Amdocs, an Administrative Assistant at A.M. Best Company (an insurance rating agency) in New Jersey, an Accounts Receivable Clerk for a steel manufacturer, a Business Management Assistant and Secretary to the District Director of the Small Business Administration in Los Angeles, Secretary to the Chief of Personnel and the Assistant Chief of Psychology at the VA Hospital in Sepulveda, CA, and a clerk typist at the Department of the Army in Dover, NJ.

She is a proud mom to her daughter, Jennie, who was recently married to Corey, and to her son, Quentin, who attends Oak Grove High School. She likes to read, sew, and do crafts. For the last five years her vacations have been short-term mission trips to Ireland, New York State and St. Lucia. Deborah is a native of California and has also lived in New Jersey and Utah.



Department of Medicine Recognizes Staff!

The Department of Medicine recently announced V.J. Periyakoil, MD and Topher Sharp, MD as winners of their annual teaching award. This award acknowledges the special efforts and contributions of the best teachers in General Internal Medicine. It reflects interactions with medical students, house staff, fellows, and colleagues.

The following information was submitted with their nominations:



V.J. Periyakoil, MD

Periyakoil has contributed greatly to encourage all VA staff to learn about Palliative Care. She coordinates a monthly lecture series called Topics in Palliative Care, which is exceptional and much needed. She is highly respected by staff for her formal and informal educational ability related to geriatrics and palliative care.

Topher Sharp, MD (no photo available)

Sharp makes significant contributions to the residency-teaching program as an important contributor at the weekly Pre-Clinic conference sessions and has been selected by the house staff to be a regular participant at morning report. He emphasizes an evidence-based approach and interacts with learners in a supportive and encouraging way.

OCTOBER EMPLOYEE NEWS

New Employees

Aids Service
Barbara Phillips

Anesthesiology Svc.
Clyde Bickford

Blind Rehabilitation Svc.
Paulette Wood

Business Office
Matthew Giordono

Engineering Svc.
Michael Barry
Robert Henderson
Joey Ichinga

Medical Svc.
Linda Blum
Gail Gullickson
Maria Webster

Nursing Svc.
Hiwet Berhe
Emma Decastro
Al-Ervin Galvez
Luzmarina Margro
Usha Parashar
Teja Patil
Barbara Wings

Pharmacy Svc.
Anthony Ishak

Psychiatry Svc.
Jocelyn McGee

Research Svc.
Ann DeBenedetti
Barbara Elspas
Shirley M. Kim
Anne M. Manring
Jesse P. Velez
Nancy C. Wei

Surgical Svc.
Linda Masengill

Retirees

Angelina Aying (22)
Acquisition & Materiel Mgmt.

William Lister (24)
Social Work Svc.

Jimmie Penny (35)
Acquisition & Materiel Mgmt.

*Years in service are
indicated in parentheses.*



Employee Service Awards

10 Years

Salvadore Beltran
Nutrition & Food Svc.

Kenneth Fulbright
Nutrition & Food Svc.

Alexander Liu
Medical Svc.

Mary Magee
Recreation Svc.

Vivian Miller
Medical Svc.

Eric Olcott
Radiology Svc.

Sandra Rose
Nursing Svc.

Valeriano Sia
Radiology Svc.

Phyllis Tempo
Social Work Svc.

15 Years

John Ashford
Psychiatry Svc.

Marlene Cabugao
Nursing Svc.

Brenda Crum
Nutrition & Food Svc.

Clarita Domingo
Nuclear Medicine Svc.

Suzanne Doyle
Nursing Svc.

Thuy Ho
Pharmacy Svc.

Wanda Holland
Nursing Svc.

Fredric Kraemer
Chief of Staff

Mike Ray
Engineering Svc.

Rosalva Ruiz
Nutrition & Food Svc.

Steven Shafer
Anesthesiology Svc.

Mallory Young
Nutrition & Food Svc.

20 Years

Barbara Blazek
Audiology & Speech Pathology Svc.

Marina Borromeo
Nursing Svc.

M. Evelyn Hartman
Nursing Svc.

Shane Lickliter
Nursing Svc.

Louise McManus
Nursing Svc.

Mary Montufar
Chief of Staff

Ann Narcisco
Chief of Staff

Shelly Segall
Nursing Svc.

25 Years

Nicolasa Dumaop
Nursing Svc.

Tin Tak Ho
Engineering Svc.

Doris Millar
Business Office

Gary Paige
Nursing Svc.

Carol Phillips
Human Resources

Eileen Schleifer
Nursing Svc.

30 Years

Curt Campbell
Information Resources Mgmt. Svc.

NOVEMBER EMPLOYEE NEWS

New Employees

Anesthesiology Svc.
Kiran Kee

CCA
Jeanne S. Chun
William L. Ulibarri

GRECC
Peter Cheng

Medical Svc.
Moradi-Ragheb.N
Smita Nayak
Roni Ziegler



Nursing Svc.
Rosemarie Avanzado
Florence Baluyut
Deidra Boyd

PERC
Elizabeth Gifford

Pharmacy Svc.
Janel Kobayashi



Research Svc.
Taufeeq B. Ahmed
Jeannie Butler
Ana P. Guzman
Ariel K. Hill
Samuel S. Richardson
Whitney M. Waldroup

Surgical Svc.
George Yang

Ward Administration
Rodrigo Fidel
Lisa Tagata

Retirees

Albert Bernard (30)
Nursing Svc.

Annie Cooper (36)
Nursing Svc.

Delmar Forbes (25)
Environmental Mgmt. Svc.

Thomas Mills (21)
Nursing Svc.

Roxana Norville (30)
Research Svc.

Eleanor Santos (13)
Nursing Svc.

Gary Schmidt (35)
Psychology Svc.

Patricia Stevenson (21)
Psychiatry Svc.

*Years in service are
indicated in parentheses.*

Employee Service Awards

10 Years

Judy Anderson
Nursing Svc.

Stephanie Kiewlich
Psychology Svc.

Gerald Kubovcik
Nursing Svc.

Gregory Leskin
Psychology Svc.

Leela Maddox
Pharmacy Svc.

William Morciglio
Police Svc.

Sarah Smith
Nutrition & Food Svc.

15 Years

Mary Lou Faustina
Chief of Staff

Sylvia Ferrer
Pharmacy Svc.

Margaret Florsheim
Psychology Svc.

William Gant
Information Resources Mgmt.
Svc.

Phyllis Molini
Nursing Svc.

Sharon Moynihan
GRECC

Delaine White
Nutrition & Food Svc.

20 Years

Thomas Burling
Domiciliary Care Svc.

Barbara Forbes
Nutrition & Food Svc.

Dennis Murphy
Psychiatry Svc.

Andrea Verzola
Human Resources

Mel Williams
Engineering Svc.

25 Years

Candace Gallagher
Nursing Svc.

David Hobart
Engineering Svc.

Phillip Lapekas
Blind Rehab. Svc.

Howard Meider
Environmental Mgmt. Svc.

Alan Raynal
Engineering Svc.

Loretta Russo
GRECC

Alvin Seefeldt
Engineering Svc.

30 Years

Janet Giroux
Nursing Svc.

Joan Keenan
Chief of Staff

35 Years

James Beatty
Dental Svc.

Mae Ellen Brown
Nursing Svc.

Mental Health Nursing holds Depression Fair

The challenge for all health care providers regarding depression is to increase awareness and to overcome obstacles against effective treatment. Thus, in association with National Mental Health Awareness Month, the Advance Practice Mental Health Nurses at VAPAHCS sponsored a "VA Depression Fair" on October 28th at the Palo Alto Division.

The Advance Practice Mental Health Nurses invited veterans, their families, friends, visitors and VA staff members to attend the "Depression Awareness Fair". The purpose of the VA Depression Fair was to increase awareness about the prevalence, signs and symptoms, treatment options, association with medical illnesses, along with recent research findings. The participants were offered recent literature material, computerized interactive learning, informational videos, and a brief depression assessment screening. National Mental Health Consumer Advocacy Organizations will provide information of peer counseling groups and other community-based resources.

Depression Fair activities included an overview of cognitive and behavioral skills for the management of mild to moderate depression. Presentations focused on cognitive and behavioral techniques to increase the awareness of thought processes and behavioral patterns associated with depression. Activity stations and posters provided:

- Information about cognitive therapy techniques directed at testing relationships between negative thoughts and mood, feelings and events;
- Assertiveness training;
- Promotion of self-monitoring skills associated with improved mood and self-esteem.

Self-monitoring skills for the management of moods included exercise programs, restorative sleep, relaxation, and healthy nutrition, and goal planning. Overall, activities emphasized methods to improve the quality of life with pleasurable activities and goal setting.

VAPAHCS in-patient and out-patient mental health nurse clinical specialists and representatives from the University of San Francisco, School of Nursing were present to address specific questions.

Influenza Vaccine FAQ's

What is Influenza (the flu)?

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms: fever, headache, tiredness (can be extreme), dry cough, sore throat, nasal congestion, and body aches. These symptoms are usually referred to as "flu-like symptoms."

How serious is influenza?

Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the flu. Millions of people in the United States - about 10% to 20% of U.S. residents - will get influenza each year. An average of about 36,000 people per year in the United States die from influenza, and 114,000 per year have to be admitted to the hospital as a result of influenza.

Why should health care workers get flu shots?

To protect themselves and to protect their patients. Health care workers are at high risk from getting the flu due to their exposure to ill patients. Millions of people in the United States - about 10% to 20% - will get influenza each year. Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.

Who Should Not Get a Flu Shot?

The following groups should not get a flu shot before talking with their doctor: people who have a severe allergy to hens' eggs, people

who have had a severe reaction to a flu shot in the past and people who previously developed Guillain-Barre syndrome (GBS) in the 6 weeks after getting a flu shot. People who have a fever should wait until their fever is gone.

Where can I get my flu shot?

Flu shots can be received at Employee Health. Employee Health is available at the following areas:

Palo Alto Division:

Bldg. 7, E-wing, Rm. 118

Monday through Friday

10:00 am - 11:00 am & 3:00 pm - 4:00 pm

Menlo Park Division:

Bldg. 334, 1st Floor, Clinic D-120

Tuesday & Thursday

8:30 am - 11:30 am & 1:00 pm - 4:00 pm

Livermore Division:

Bldg. 62, 4th Floor, Rm. 440

Monday through Friday: 8:00 am - 9:00 am

Tuesday & Thursday: 3:00 pm - 4:00 pm

Vaccination is also available by appointment

All other sites:

See Walk-in clinic schedule under Ambulatory Clinics.

Want more information?

Read VAPAHCS Bulletin 111-03-02b "Influenza Vaccine: Recommendations for 2003-2004" on DHCP or on the Infection Control Website on VAPAWEB (click "Service Section," then "Infection Control," then "Infection Control Policies" on the Infection Control Home Page).

VAPAHCS Using Research to Improve Nursing Care: Evidence Based Practice Becomes a Priority

What comes to mind when you think of research? According to Merriam-Webster, when used as a noun, research means a careful or diligent search. When it is used as a verb, it means a studious inquiry or examination, or the collecting of information about a particular subject. Traditionally, bedside nurses have viewed nursing research as too complicated to apply to practice. In fact, the Institute of Medicine reports that less than 20% of our current medical practice is based on research. However, nursing at VAPAHCS is now using the techniques of evidence-based practice to incorporate research into their practice.

It works like this. First the results are summarized from various research studies on a particular topic, such as fall prevention. Next, it is compared with the institution's own data, which may have been gathered during audits or surveys. Third, the national guidelines or widely recognized national experts' opinions are used to further validate the findings. Fourth, a consensus about whether changes in practice are needed is obtained at the local level with the help of local clinicians, managers and patients. Finally, the local clinical team develops a plan to both implement the necessary changes and to evaluate the results of these practice changes. In this way, the invaluable research data that was previously considered "not appropriate or feasible to my setting"

can be used as significant raw material to devise patient care guidelines that are appropriate for a specific setting and patient population. In this case, of course, the focus is on our valued veterans.

Nursing at VAPAHCS is committed to incorporating research into practice in order to provide excellent, cutting-edge, scientifically sound and individualized health care to our veterans. As a part of this commitment, the Evidence Based Practice Committee was chartered in May 2003. It consists of a highly motivated team of nursing professionals led by Pat McCarthy, Associate Chief Nurse for Education, and Carry Thacker, Nursing Outcome Coordinator, along with Marty Douglas, Associate Chief Nurse for Research, who is our resident expert on research. So far the committee has identified various key areas in patient care such as smoking cessation, sleep disturbance and use of machines to measure blood pressure versus manual blood pressure measuring, is there a difference? The next step is to select some of these topics for further research, using the Stetler Model for Evidence-Based Practice described above. The veterans have given their best for our country. It is our honor and our privilege to provide them with individualized, state of the art care with compassion and reverence.



SILICON VALLEY
CREDIT UNION

OPEN A NEW ACCOUNT AND RECEIVE A

FREE GIFT!*

SILICON VALLEY CREDIT UNION

*No cash value. Free Gift not to exceed \$5. Must be a new account. See tabled chart amounts or visit our website for details. Offer good while supplies last.

VA Employees! Did you know that we're your Credit Union?

TWO VA Hospital Locations to Serve You!

VA, Palo Alto (Branch/ATM)

3801 Miranda Avenue, Bldg 101

Room A1-222 (by the Canteen)

VA, Menlo Park (Branch)

795 Willow Road, Bldg 334

Room 105 (by the Main Entrance)

ONLINE BANKING
CHECKING ACCOUNT PACKAGES
LOW LOAN RATES
DEBIT CARD

ALL ACCOUNT INSURED UP TO \$350,000

www.svcu.org

650.559.3300

NCUA

ASI



Hospice Receives New Aquarium

The Hospice Care Center, located at the Palo Alto Division, has a new aquarium! The 67-gallon aquarium contains twenty-six brightly colored fishes called African Cichlid, and one of the fishes actually looks like a catfish with whiskers. You can watch in fascination as the fish swim with their vivid rainbow colors from pearly white to blue/black strips to metallic silver/black dots as they criss-cross through long flowing sword plants. There are some fishes hiding in the holes of the rocks and as they curiously peep out, they bashfully duck right back into their hole.

"The aquarium gives an overall soothing and calming effect at the Hospice Care Center," according to Penny Phillips from Chaplain Service. By just watching these magnificent creatures swimming around lifts the spirits of the patients and employees as well. Ms. Phillip said that the staff would get patients out of their rooms just to watch, and the patients would experience "a delightful and beautiful effect". The Hospice Care Center only received the aquarium about three months ago and already it has become a topic of conversation for patients, employees and visitors.

African Cichlid fishes are natives of Lake Malawi, East Africa. The sword plants are from Brazil. Here is a quick reference guide of the fishes to acquaint yourself in case you visit the aquarium:

Two Psedotropheus Mlenji	– White
Six Psedotropheus Estherne	– Orange
One Cynotilapia Afra	– Blue/Black stripe
Six Labidochromis Caeruleus	– Yellow
Two Pelicachromis Pulcher	– Red metallic/Gold (males)
	– Yellow/Black stripe (females)
Two Pelicachromis Lombardois	– Yellow/ Black stripe
Two Pelicachromis Saulosi	– Gold stripe (female)
	– Blue stripe (male)
Two Brisatie Nosed	– Brown
Three Synodontis Multipanctatus	– Silver/Black dots (catfish)

Leo Plant, volunteer, purchased the aquarium with money donated by the American Legion Post #564. He also arranged the tank beautifully. He maintains this aquarium along with seven others at the Palo Alto and Menlo Park divisions.



American Legion representative Donald Bobo (left) with Leo Plant, volunteer, with the new Hospice aquarium.

American Indian Heritage Month Recognized

VAPAHCS will observe American Indian Heritage Month on Wednesday, November 5th at the Menlo Park Division Chapel and Wednesday, November 12th at the Palo Alto Division Auditorium, Building 101. Both events will begin at 11:00 a.m.

"Respect" – a short powerful film dedicated to the People – will be shown at each event. The film provides information that will enable

the viewer to become an advocate for Indian veterans. It is considered recommended viewing for all VA employees. American Indian veterans have served in the armed forces at three times the rate of any other cultural groups per capita. Indian veterans from any of the 575 federally recognized tribes visit VA facilities across the United States. Following the screening of Respect a short discussion will occur.

If You're Still Smoking Cigarettes and ...

Are 30 to 65 years old, and Interested in Learning ...

- what your cholesterol levels are
- about risk for diabetes and heart disease
- about a study that might help both

... Call Us - This study may be right for you!

Dr. Gerald Reaven and his associates at Stanford University Medical Center are studying possible ways to decrease heart disease risk in cigarette smokers.

All participants will receive a free medical examination, evaluation of heart disease risk factors, such as a cholesterol panel and a test to evaluate risk for diabetes and heart disease. Those that qualify will have the opportunity to take a medication that may reduce their heart disease risk.

Upon completion of the study volunteers will have an opportunity to take a smoking cessation class and be compensated for study participation. For complete information, please call Dr. Abbasi or Cindy Lamendola nurse practitioner @650-723-7024

THE epicenter

is published monthly
by and for employees of the
VA Palo Alto Health Care System.

Submissions should be received by
the 1st working day of the month to
be included in upcoming issues.

Due to space limitations, it is not
possible to publish all submissions.

We welcome any comments,
suggestions or story ideas
you may have; please contact the
Communications Officer (00A) at
ext. 64888 or directly at
650-858-3925.

VA Palo Alto Health Care System

3801 Miranda Avenue

Palo Alto, CA 94304

Phone (650) 493-5000

www.palo-alto.med.va.gov

Elizabeth J. Freeman
Director

John R. Sisty
Associate Director

Javaid I. Sheikh, MD
Chief of Staff

Epicenter Newsletter Team

Tim Adams

Bill Ball

Curt Campbell

Jeanne Chun

Joni Drobick

Mel Gay

Robert Geldman

Julie Harper

Robert Homer

Emily Leach

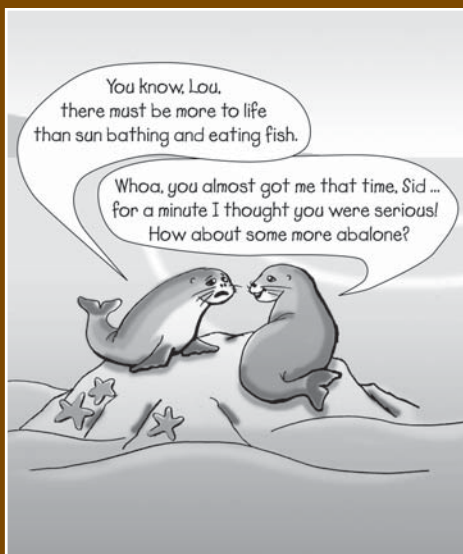
Terri Monisteri

Kris Morrow

Teri Ortiz

Chuck Revell

Life on Seal Rock



Learn more about your health!

Lung Cancer Conference

VAPAHCS Cancer Program is inviting patients,
their families and the public to a
Lung Cancer Conference.

The Conference will be held at the Palo Alto
Division, Building 101, Auditorium,
November 21, 2003
from 9:00 a.m. - 2:00 p.m.

To answer questions or to notify us that you
will be attending, please call our Lung Cancer
Conference Phone Line: (800) 750-4343.